CHURCH NEWS

SUNDAY SCHOOL TEACHERS AND OFFICERS CLINIC

All churches in the Appomattox Baptist Association are invited to take advantge of this clinic at Liberty Baptist Church, February 21, 1974 7:30 to 9:30 p.m. The clinic is sponsored by the Appomattox Baptist Association Sunday School Department, Deryl B. Holliday, Director.

Mother Shipton's Prophecy

And now a word, in uncouth rhyme
Of what shall be in future time
For in those wondrous far off days,
The women shall adopt a craze
To dress like men and trousers wear
And cut off all their locks of hair.

They'll ride astride with brazen brow,
As witches do, on broomsticks now.
Then love shall die, and marriage cease
And nations wane as babes decrease
Then wives shall fondle cats and dogs
And men shall live much the same as hogs
A carriage without horse shall go,
Disaster fill the world with woe;
In London, Primrose Hill shall be,
Its center hold a Bishop's See,
Around the world men's thoughts shall fly
Quick as the twinkling of an eye.

And waters shall great wonders do—
How strange, and yet it shall come true.
Then upside down the world shall be,
And gold found at the root of tree.
Through tow'ring hills proud man shall ride,
No horse or mule move by his side.

Beneath the water men shall walk,
Shall ride, shall sleep, and even talk;
And in the air men shall be seen,
In white, in black, as well as green.
A great man then shall come and go,
For prophecy declares it so.

In water iron then shall float,
As easy as a wooden boat.
Gold shall be found in streams and stone
In land that is as yet unknown.
Water and fire shall wonders do (steam)
And England shall admit a Jew.

The Jew that once was held in scorn
Shall of a Christian then be born.
A house of grass shall come to pass (The Crystal Palace)
In England—but alas! alas!
A war will follow with the work
Where dwells the pagan and the Turk.

The states will lock in fiercest strife,
And seek to take each others life;
When North shall thus divide the South,
The eagle builds in lion's mouth,
Then tax and blood and cruel war
Shall come to every humble door.

Then, when the fiercest fight is done,
England and France shall be as one.
The British olive next shall twine
In marriage with the German vine.
Men shall walk beneath and over streams—
Fulfilled shall be our strangest dreams.
All England's sons that plow the land
Shall oft be seen with Book in hand,
The poor shall now great wisdom know,
Great houses stand in farflung vale,
All covered o'er with snow and hail.

In nineteen hundred twenty-six
Build houses light of straw and sticks.
For then shall mighty wars be planned.
When pictures seem alive with movements free,
When boats like fishes swim beneath the sea,
When men like birds shall scour the sky;
Then half this world, deep drenched in blood, shall die.

But those who live to see (all this) through,
In fear and trembling this will do:
Flee to the mountains and the dens
To bog and forest and wild fens
For storms will rage and oceans roars,
When Gabriel stands on sea and shore.
And as he blows his wondrous horn
Old worlds shall die and new be born.

* * *

Twenty-three million Americans have high blood pressure. Half of them don't know it. A simple test by your doctor will tell you for sure. Have him check your blood pressure regularly, and follow his orders. Untreated, high blood pressure can lead to stroke, heart and kidney failure.

* *

Ignorance isn't always bliss. Knowing the warning signs of heart attack or stroke could save your life or that of a friend. Ask your Heart Association for a free list of the warning signs.

* *

Too young to worry about heart disease? No one is. Proper eating and exercise start while you're young. Don't wait to be 20 years out of shape. For further information call your Heart Association. And help your Heart Fund.

* * *

GOSPEL JOURNEYMEN QUARTET
P. O. Box 173 HOPEWELL, VA. 2380

THE GOSPEL JOURNEYMEN QUARTET of Hopewell, Virginia will be at Piney Ridge United Methodist Church in Pamplin on Sunday, February 17th, at 7:30 p.m. to render a program in Gospel singing.

The public is cordially invited to attend this service.

Of Interest To Veterans

Supplemental Security Income For the Aged, Blind and Disabled

The Federal Government will make monthly cash payments starting in January, 1974, to people in financial need who are 65 or older or who are blind or disabled. The new program will take the place of the present Federal-State programs of public assistance payments to people who are 65 older or blind or disabled. But States will continue to provide other services to these people and may add to the Federal payment under certain circumstances. Until Federal supplement security payments started in January, 1974, State and local public assistance offices continued to make payments in the usual way. **Who can qualify?** People who have little or no regular cash income and who do not own much in the way of property or other things that can be turned into cash, such as stocks, bonds, jewelry, or other valuables, may get Federal supplemental security income payments. The aim of the program is to provide supplemental payments, when they are needed, so that anyone who's 65 or blind or disabled can have a basic cash income - at least $130 a month for one person and $195 a month for a married couple. This doesn't mean that every eligible person will get that much from the Federal Government every month. The amount will depend on how much other income he has. Claims may be filed now in any Social Security Office.

SERVICES AT MT. ZION

Gwen Ferguson of Gladstone, Virginia is having services at the Mt. Zion Baptist Church at Concord, Virginia the third Sunday night in February at 7 p.m. The 17th for the usher board. Rev. J. C. Miller will be the speaker and his choir and we are expecting another surprise. Come one and all to see and hear. You won't regret.

GI Insurance Settlement Options

The Virginia Division of War Veterans' Claims urges all policyholders of Government Life Insurance to take a second look at the type of settlement they have selected for their beneficiaries.

Many widows, for example, are penalized following the death of the insured veteran, when they learn that they must take a small monthly payment. In many instances, the insured veteran, many years ago, elected to provide for a settlement of small monthly payments extending over the remaining lifetime of the beneficiary. This type of settlement may have appeared sound some 25 years ago, but may not fit the needs of the widow today.

Any Government Life Insurance policyholder who would like to change the metod of settlement for his beneficiary should complete and sign a VA Form 29-336, which he can obtain at any Division of War Veterans' Claims Office. If the policyholder chooses settlement under option number 1, then his beneficiary may take a lump-sum payment or monthly payments. If the insured chooses a monthly payment settlement, then his beneficiary may not take any lump sum. A majority of insured veterans prefer to take option number 1, which will provide the beneficiary with a wide range of choices of how the policy proceeds may be paid following death of the veteran.

Food Shopper

by Cathy B. Hinton
Va. Dept. of Agriculture Market News Service

Are you a victim of the mid-winter blahs? One sure-fire way to escape that "no-hum" feeling is to have a party. With the higher food prices of today party food is a real challenge. Don't let economics be your stumbling block. There are many exciting and easy party foods which you can prepare without even putting a dent into your food budget.

Such foods as crabmeat, shrimp and beef tenderloins have been priced out of reach; so it's time to use such things as imagination and smart buying practices. You'll find that careful planning will make the party run smoother, cost less and also be more enjoyable for you the hostess.

There are many routes to follow when planning party foods; it depends on the type of party, which could be a casual get together to a sit down dinner. When you've decided on the type of party try to plan your recipes around such things as seasonal foods, which are being offered at bargain prices. Also, take advantage of featured items at area stores. This is where you can save the most money for your party foods.

Guests enjoy participating in the food preparation so a fondue party is an excellent way to fight that mid-winter rut. Why don't you drag that fondue pot out from the top shelf where it's getting dusty and use it. Use items that are featured at local stores. A good bargain item would be hot dogs. Dip them in corn meal batter and cook in oil. Or buy a large package of ground beef and form meatballs with a surprise. Put an olive or chunk of cheese in the middle. Utilize those canned goods which you stocked up on during the last sale. Condensed cheddar cheese soup with flaked tuna makes a delicious fondue.

For a switch make a late evening dessert fondue. Use those bargain priced apples cut in chunks and dip in caramel sauce. Have bowls of chopped nuts and toasted coconut for toppers.

Let your imagination run wild while you fight the blahs with budget saving party foods.

RECIPE

By Sarah Anne Sheridan

Fresh vegetables provide a nutritious volume for casseroles as well as help the homemaker stretch her budget dollars.

Squash Casserole

8 medium squash
4 strips of bacon
1 onion, chopped
½ green pepper, chopped
1½ c crushed crackers.
2 eggs, beaten
butter
salt and pepper
paprika

Boil the squash in water until tender then chop. Fry bacon crisp. Saute onion and pepper in drippings tender. Add crumbled onion and green pepper squash along with the of the crushed crackers beaten eggs, and pepper to taste, and put into a greased serole. Top with cracker crumbs, butter paprika. Bake in a moderate oven for 30 minutes

This we believe..

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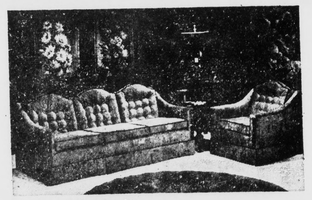

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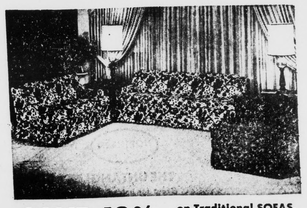

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